

Reactive and volitional step training to reduce risk of falling in people with Parkinson's disease: a randomised controlled trial

Researchers at Neuroscience Research Australia (NeuRA) and The University of New South Wales are seeking research volunteers to help us learn about reactive and volitional step training to reduce falls among people with Parkinson's disease.

Will the research project be a good fit for me?

The study might be a good fit for you if you:

- Have been diagnosed with Parkinson's disease (mild to moderate stage of the disease)
- Are aged 40 years or older
- Live independently in the community or retirement village
- Are able to communicate in English language
- Do not have a diagnosis of other neurological and/or cognitive impairments, atypical Parkinsonism
- Do not have a recent history (less than 6months) of deep-brain stimulation surgery
- Are able to walk 30 metres unassisted
- Have had less than 12 falls (i-e 1 fall /week) in the past three months
- Are stable on anti-Parkinson's medications for at least 1 month

What will happen if I take part in the research project?

If you decide to take part you will:

- Be invited to visit NeuRA to assess your physical function, clinical status, reactive stepping and brain functioning (non-invasively) (option to have some of the assessments conducted in your home)
- Receive a reactive stepping training in a safe environment
- Receive a step training system in your home to improve your ability to avoid trip and slip for 12 weeks
- Be invited to visit NeuRA to assess your physical function, clinical status, reactive stepping and brain functioning after 3 months
- Also receive summary results of your physiological and clinical assessments.

Will I be paid to take part in the research project?

You may be reimbursed for any reasonable travel costs associated with the research project visit/s.

Who do I contact if I want more information or want to take part in the study?

If you would like more information or are interested in being part of the study please contact:

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